LISTING OF THE CLAIMS

This listing of the claims will replace all prior versions, and listings, of claims in the application:

Claim 1 (Currently Amended)

A sliding board, in particular a ski, with a running surface, an upper shell, a core, steel edges, and with at least one interface element, connected to the sliding board body by ~~means of~~ anchoring elements, for arranging at least one binding element on the upper side of the sliding board, characterized in that the anchoring elements are ~~(8) have already been~~ inserted into receiving holes ~~(10, 10')~~ of the core ~~(2)~~ during sliding board production and are retained there ~~here~~ by material ~~(11)~~ which is cured during pressing together of the ski.

Claim 2 (Currently Amended)

The sliding board as claimed in claim 1, characterized in that the cured material ~~(11)~~ is also a connecting material.

Claim 3 (Currently Amended)

The sliding board as claimed in claim ~~1 or~~ 2, characterized in that the cured, connecting material ~~(11)~~ is an adhesive~~,~~ or a resin ~~or the like~~.

Claim 4 (Currently Amended)

The sliding board as claimed in claim 2 ~~one of claims 1 to 3~~, characterized in that the cured, connecting material originates from a prepreg layer ~~(14)~~ introduced above the core ~~(2)~~.

Claim 5 (Currently Amended)

The sliding board as claimed in claim 1 ~~or 2~~, characterized in that the cured material retains the anchoring elements ~~(8)~~ in the core ~~(2)~~ by a positive connection.

Claim 6 (Currently Amended)

The sliding board as claimed in claim 1 ~~one of claims 1 to 5~~, characterized in that the anchoring elements ~~(8)~~ are retained in holes ~~(10')~~ made in the core ~~(2)~~ which are widened in their edge region.

Claim 7 (Currently Amended)

The sliding board as claimed in claim 1 ~~one of claims 1 to 6~~, characterized in that the anchoring elements ~~(8)~~ are passed through holes ~~(3a)~~ made in the upper shell ~~(3) and in optional additional intermediate plies~~.

Claim 8 (Currently Amended)

The sliding board as claimed in claim 1 ~~one of claims 1 to 7~~, characterized in that the core ~~(2)~~ is a prefabricated foamed core~~;~~ or a wood core ~~or the like~~.

Claim 9 (Currently Amended)

A method for the production of a sliding board, in particular a ski, having ~~consisting of~~ a running surface, steel edges, a prefabricated core, an upper shell ~~and optional additional intermediate plies~~, and also with at least one interface element for arranging at least one binding element on the upper side of the sliding board, the sliding board being pressed together in a mold under pressure and heat, characterized in that receiving holes ~~(10, 10')~~ are made in the core ~~(2)~~ and openings ~~(3a)~~ are made in the upper shell ~~(3) and also the optional additional plies provided above the core (2)~~, a

curing material ~~(11)~~ is introduced into the receiving holes ~~(10, 10')~~ of the core ~~(2)~~, the interface element ~~(7)~~ is positioned in the holes ~~(3a)~~ and the receiving holes ~~(10, 10')~~ by ~~means of~~ anchoring elements ~~(8)~~, the sliding board is ~~ready~~ constructed and pressed together in a mold, so that during the pressing operation the material introduced into the holes cures and integrates the anchoring elements ~~(8)~~ in the core ~~(2)~~.

Claim 10 (Currently Amended)

The method as claimed in claim 9, characterized in that a connecting material~~, for example an adhesive or a resin,~~ is introduced into the receiving holes ~~(10, 10')~~.

Claim 11 (Currently Amended)

A method for the production of a sliding board, in particular a ski, ~~consisting of~~ having a running surface, steel edges, a prefabricated core, an upper shell ~~and optional additional intermediate plies~~, and also with an interface element for arranging at least one binding element on the upper side of the sliding board, the sliding board being pressed together in a mold under pressure and heat, characterized in that two receiving holes ~~(10, 10')~~ are made in the core and openings ~~(3a)~~ are made in the upper shell ~~(3) and also the optional additional plies provided above the core (2)~~, a prepreg layer ~~(14)~~ being positioned on the core ~~(2)~~, at least in the region of the receiving holes ~~(10, 10')~~, the interface element ~~(7)~~ is positioned in the holes ~~(3a)~~ and the receiving holes ~~(10, 10')~~ by ~~means of~~ anchoring elements ~~(8)~~, the sliding board is ~~ready~~ constructed and pressed together in a mold, so that during the pressing operation the resin of the prepreg layer ~~(14)~~ flows into the receiving holes ~~(10, 10')~~, cures and integrates the anchoring elements ~~(8)~~ in the core ~~(2)~~.

Claim 12 (Currently Amended)

The method as claimed in claim 9 ~~one of claims 9 to 11~~, characterized in that the core ~~(2)~~ is a prefabricated foamed core~~;~~ or a wood core ~~or the like~~.

Claim 13 (Currently Amended)

The method as claimed in claim 9 ~~one of claims 9 to 12~~, characterized in that the upper shell ~~(3)~~ is premolded.

Claim 14 (New)

The sliding board as claimed in claim 7, wherein the elements are further passed through holes made in intermediate plies.

Claim 15 (New)

The method as claimed in claim 10, wherein said connecting material is an adhesive or a resin.

Claim 16 (New)

The method as claimed in claim 11, characterized in that the core is a prefabricated foamed core or a wood core.

Claim 17 (New)

The method as claimed in claim 11, characterized in that the upper shell is premolded.

Claim 18 (New)

The method as claimed in claim 9, wherein said receiving holes are further made in additional plies provided above the core.

Claim 19 (New)

The method as claimed in claim 11, wherein said receiving holes are further made in additional plies provided above the core.

Claim 20 (New)

A method for the production of a sliding board, in particular a ski, with a running surface, an upper shell, a core, steel edges, and with at least one interface element, connected to the sliding board body by anchoring elements, for arranging at least one binding element on the upper side of the sliding board, said method comprising the steps of forming receiving holes in the core and inserting the anchoring elements into the receiving holes, pressing the sliding board, and retaining the anchoring elements in the receiving holes by material which is cured during said pressing of the sliding board.